

All-CITY ATHLETIC CONFERENCE
CROSS COUNTRY MEET
October 3, 2019
(Conference Members Only)

The All-City Athletic Conference (ACAC) Cross Country Meet will be held October 3 , 2019 at Woodson Park. There will be four (4) high school (JV and Varsity Girls and Boys) and two (2) middle school divisions (girls and boys).

SCHEDULE OF EVENTS: HIGH SCHOOL

- 3:45PM - - - - - Coaches Meeting
- 4:00PM - - - - - JV Girls (3200 Meters)
- 4:15PM - - - - - Varsity Girls (3200 Meters)
- 4:30PM - - - - - JV Boys (3200 Meters)
- 4:45PM - - - - - Varsity Boys (5000 Meters)

SCHEDULE OF EVENTS: MIDDLE SCHOOL

- 4:50PM - - - - - Coaches Meeting
- 5:10PM - - - - - Girls (2400 Meters)
- 5:25PM - - - - - Boys (3200 Meters)

Middle school divisions may have unlimited participation. (only the top seven runners will count toward a team scores). High school divisions (Limited to seven Varsity runners and Unlimited JV runners)

For the high school divisions medals will be presented to the top 20 varsity runners and the top 10 JV runners. For the middle school divisions medals will be presented to the top 15 runners in each division. Team awards will be presented to the 1st and 2nd place teams in each high school and middle school varsity division.

Please e-mail your roster to Curtis Thompson by 10-1-19 at the email address as listed below.

If you have any questions please contact Coach Thompson:
School: 587-9630 Cell Phone: 514-7416
E-mail: clthompson1@okcps.org